GOLD COAST PERFORMANCE CENTRE

GROUP FITNESS TIMETABLE
NOVEMBER 2026

STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am	Les Mills Core - 5:20am 30min	5.20am - Les Mills Strength Development		Les Mills BodyPump 60 mins	Les Mills GRIT Strength		
6.00am	Les Mills BodyPump 45 mins	Yoga - 6.15am	Les Mills Ceremony Hyrox		Les Mills Shapes 6.05am (30min)	6.15am - Les Mills Strength Development	
7.00am		BodyFit 45 mins - 7.30am			Mat Pilates		
8.00am	Mat Pilates		Yoga	BodyFit 45 mins	BodyFit 45 mins	Les Mills BodyPump 45 mins	Les Mills BodyCombat
9.00am	Les Mills Shapes	Les Mills BodyPump 60 mins			Les Mills BodyPump 45 mins	Yoga	Les Mills BodyPump 45 mins
9.15am			Zumba	Les Mills BodyPump 45 mins			
10.00am	Yoga				Yoga		Les Mills BodyBalance
10.15am		Mat Pilates		Mat Pilates		Mat Pilates	
11.00am	TRX+ - 11.15am		TRX+		Zumba Gold 11.15am		
12.15pm	Low-impact Exercise	Les Mills BodyBalance	Low-impact Exercise			Yoga 2:00pm	
4.15pm				Zumba			
4.30pm	Les Mills Ceremony Hyrox	Les Mills BodyPump 45 mins	Mat Pilates				
5.30pm	Yoga 5:35pm	ABT	Les Mills BodyPump Heavy	Les Mills BodyPump 45 mins	Run, Spin, Crunch		
6.30pm		Stretch & Meditation	Les Mills BodyBalance	Yoga			

CYCLE STUDIO

* All cycle classes are Les Mills Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sprint - 4.45am	RPM - 5.15am	Sprint - 5.15am	RPM - 5.00am	Sprint - 5.15am	Sprint - 6.15am	Sprint - 7.15am
RPM - 5.30am	Sprint - 9.15am	Sprint - 6.00am	Sprint- 8.45am	RPM - 9.15am	Sprint - 7.15am	RPM - 8.00am
Sprint - 9.00am	Sprint - 5.30pm	RPM - 9.00am	RPM - 4.30pm	Sprint - 12.30pm	RPM - 8.15am	
RPM - 4.45pm		Sprint - 12.30pm	Sprint - 5.30pm			
		RPM - 5.30pm				

POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.00am	DWEX	Aqua Fit 20m Pool	DWEX	Aqua Fit 20m Pool	DWEX		
7.30am						DWEX	
9.00am		DWEX		DWEX			
10.15am	DWEX		DWEX		DWEX		
12.00pm	Aqua Zumba 20m Pool	Aqua Fit 20m Pool	Aqua Fit 20m Pool		Aqua Fit 20m Pool		
5.30pm		DWEX		DWEX			

GYM / OUTDOOR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30am						HIIT	
9.15am	HIIT 45 mins		HIIT 45 mins		HIIT 45 mins		
4:15pm			YouthFit (13 - 17 yr olds)				
6.00pm		Run Club					

* Timetable subject to change and some charges may apply. For the latest information check the online member portal, speak to your instructor or call Reception on (07) 5500 9988.

Queensland Government

GOLD COAST PERFORMANCE CENTRE

GROUP FITNESS CLASSES

Bookings are required for all classes through the member portal.

ABS, BUTT AND THIGHS (ABT)
Tone your abs, butt and thighs. This class includes exercises that focuses on your lower body as well as your core, working on strengthening and toning common problem areas.

AQUAFIT
A low-impact, power-packed class in the indoor pool that combines cardio and toning exercises using water as your resistance.

BODYBALANCE
Ideal for anyone and everyone, BODYBALANCE™ is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, also utilising elements of Tai Chi and Pilates.

BODYCOMBAT
You'll punch and kick your way to fitness with this high-energy martial arts-inspired workout. Its' non-contact and there are no complex moves to master.

BODYPUMP
A non-impact workout using an adjustable barbell that challenges every major muscle in your body. Les Mills BODYPUMP is an Ideal workout for anyone looking to get lean, toned, and fit.

BODYPUMP HEAVY
Tempo-based weightlifting with traditional lifting techniques, slow moves and long recoveries. It's challenging, energizing and builds lean muscle like nothing else. BODYPUMP HEAVY™ is serious strength training made simple and fun.

BODYFIT
A fun, exercise to music workout that combines cardio fitness, core stability, balance, functional strength and flexibility.

CEREMONY HYROX
High-performance strength and cardio training for all levels. A 45-minute circuit where you progress through eight functional workout stations for full-body conditioning.

CORE
Build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

DEEP WATER EXERCISE
Water-resistance running and conditioning class in our outdoor heated pool using buoyancy beltsaqua dumbbells, and water noodles. Please remember to bring your own aqua belt.

GRIT
A Les Mills 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Using barbells, weight plates and body weight exercises GRIT will work all major muscle groups. With options to cater to all levels of fitness GRIT is sure to get you rapid results!

HIGH INTENSITY INTERVAL TRAINING (HIIT)
A fantastic all-in-one workout including cardio, weights, plyometrics, and body weight exercises designed to elevate your heart rate and push you into your peak performance training zone.

LOW-IMPACT EXERCISE
Circuit session by allied health professionals with rehab knowledge & expertise, educating & optimising body movement.

MAT PILATES
Increase core strength, flexibility and become more body aware. Pilates promotes mobility and strength of all the major muscle groups in the body. Please bring your own mat.

RPM
A Les Mills high-energy indoor cycling class that's a great cardio workout. Les Mills RPM matches terrain with tempo, experience rolling hills, winding roads, sprints and intervals.

RUN CLUB
Interval based running session on the Athletics Track. Suitable for all abilities to improve running/cardio fitness and technique.

RUN, SPIN, CRUNCH
Train like an athlete in this action packed class with a variety of training utilising track, bikes and weights.

SHAPES
Les Mills SHAPES™ is a full body, low impact strength workout inspired by Pilates, Barre, and Power Yoga designed to bring the burn!

SPRINT
If you want to get fitter, faster, stronger with minimal impact to your joints then this is the workout for you! Les Mills SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

STRETCH & MEDITATION
Meditation and mindfulness enables us to simply be present with our life. You will learn different meditation techniques which will help us with life's challenges. Combining gentle exercise and stretching which will leave you feeling relaxed and calm.

STRENGTH DEVELOPMENT
Les Mills progressive strength training, meaning each workout focuses on a specific training for building strength over each workout. The music provides great workout tracks but there's no requirement to move to the beat. Instead, optimum results are achieved through the use of time under tension and rep-ranges, depending on the sessions requirements.

TRX+
Circuit training utilising the TRX in combination with bodyweight strength and Pilates based exercise.

YOGA
Relieve stress and improve flexibility, strength, balance, posture and circulation. Learn to connect the body and mind through breathing. Please bring your own mat.

YOUTHFIT
This youth circuit training class combines functional exercises, bodyweight movements, and basic strength training to help teens develop proper technique, coordination, and overall athletic ability. Participants will also learn key training principles including movement quality, teamwork, consistency, and safe exercise habits - all while staying active and having fun.

ZUMBA
High and low intensity moves for an interval style, calorie burning dance fitness party. Exercise in disguise!

ZUMBA GOLD
A modified, lower intensity Zumba class ideal for participants looking for a gentler workout while still enjoying the original Zumba moves.